

# HALIFAX metro®



## She's got a secret

In which Shannon gets and dishes dirt **PAGE 10**

## Literacy numbers 'devastating'

Educator out to improve low provincial skills rates **PAGE 3**

## HOPEFULS OUT IN FORCE

ASPIRING MOVIE STARS SWARM A LONDON CASTING CALL FOR THE NEW STAR WARS FLICK **PAGE 16**



Stacey Campbell, owner of Sugar Shok in Dartmouth, poses for a photo on Monday. She hopes more holiday shoppers will spend their money at her store. JEFF HARPER/METRO

# Deck the halls with local holly

**Show your support.** Christmas shoppers could make big impact on independent stores



**HALEY RYAN**  
haley.ryan@metronews.ca

Small businesses in HRM are hoping shoppers make the Christmas season the most wonderful time of the year by spending part of their gift budget in a local store.

Stacey Campbell, owner of downtown Dartmouth candy store Sugar Shok, said this season accounts for the biggest spike in her income.

"Last year was my first Christmas in business, and it actually doubled in December compared to the previous two months," Campbell said.

She said HRM is gaining momentum when it comes to the local movement because people can see the difference

### Quoted

**"A bad Christmas could mean a bad year, so it's extremely important."**

Paul MacKinnon of the Downtown Halifax Business Commission on shopping local this time of year.

their dollars are making in their own area.

For downtown Dartmouth especially, Campbell said people are helping to build a retail hub from "the ground up," with 11 businesses opening within the last year alone.

"For a lot of people ... it's the first time in years they've been able to enjoy their downtown core," Campbell said. "Dartmouth itself has a strong sense of community, so it's nice to be able to play on that and have them take pride in coming downtown."

Paul MacKinnon, executive director of the Downtown Halifax Business Commission, said it's vital to

check out independent stores this month because it's their "make-or-break time."

He said the idea is not to make people feel guilty about heading to a mall or keep them from going completely, but making a small shift can lead to a big impact on the local economy.

"It's really just asking for a very small commitment upfront, but we think it'll pay big dividends down the road," he said.

Special initiatives, like Santa Shops Downtown Dartmouth this Saturday or Halifax's Win What You Wish social-media strategy, help get people out and trying new stores, said Tim Rissesco, executive director for the Downtown Dartmouth Business Commission.

"You get better advice and service when you're talking to a business owner," Rissesco said. "There's better value and a better sense of community, and Christmas spirit as well."



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# 'There's no way we should be like that'

**Skills.** Local educator looking to turn around poor literacy numbers in Nova Scotia

Lesley Dunn doesn't sugarcoat the below-average literacy and numeracy skills of Nova Scotia's young people. "It's pretty devastating," says the executive director with the Dartmouth Learning Network.

ing Network.

"We're a first-world country," she adds. "There's no way we should be like that."

Dunn is referring to international survey results released last month that show Nova Scotians aged 16 to 24 ranked lower than average compared to other industrialized countries.

The Programme for the International Assessment of Adult Competencies indicates 42 per cent of Canadians struggle with low literacy. That figure ranges

**Quoted**



Robert Chisholm, MP for Dartmouth-Cole Harbour

**"We need to have a national framework on literacy."**

from 38 to 55 per cent in Nova Scotia.

"These results are clear," she says. "Canada is missing

the mark."

But Dunn is working to change that.

She organized a town hall meeting Monday to discuss Right to Literacy, a national campaign spearheaded by the Dartmouth Learning Network to lobby the federal government to introduce a national literacy plan.

"In order for change to happen you have to have a plan," Dunn says. "In order to get somewhere you have to have a map."

Canada is one of the

few industrialized countries without a coordinated framework to address literacy from early childhood to adulthood.

While only about 15 per cent of Canadians are illiterate, Dunn says one in four suffers from low literacy.

That means reading, writing and math skills below a Grade 8 level.

"They would struggle with a lot of simple, everyday tasks that we take for granted."

GEORDON OMAND/FOR METRO

**Review process**

**N.S. to provide update on review of school closures**

An update will be provided today on the Nova Scotia government's approach to closing schools.

Former provincial deputy minister Robert Fowler was appointed in June to lead a committee to develop a new review process for school closures.

Fowler and Education Minister Karen Casey are scheduled to release a school review discussion paper today.

Earlier this year, then-education minister Ramona Jennex asked the province's school boards to suspend all school closures until next year, saying the review process has become adversarial. **THE CANADIAN PRESS**



**Festive scenes are beginning to pop up across the city**

Commuters in Dartmouth walk past an orb Christmas tree near Alderney Landing on Monday. Festive scenes like this are popping up across HRM.

JEFF HARPER/METRO

1 NEWS

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# Get ready for gridlock as a fleet of kid-laden buses flood in for We Day



About 15,000 students cheer for social change at a We Day event in Seattle in March. DANA NALBANDIAN/GETTY IMAGES FILE

**Nice problem to have?**  
HRM suggests taking a carpool, public transit because of little parking



HALEY RYAN  
haley.ryan@metronews.ca

You've been warned.

The municipality issued a release on Monday notifying the public to prepare for delays and a spike in downtown

traffic on Wednesday as thousands of students arrive for We Day Atlantic Canada.

The event takes place at the Halifax Metro Centre, and Halifax Regional Municipality spokesperson Janet Bryson said most kids from in and outside of the city are going to be arriving between 8:15 and 8:30 a.m.

About 200 buses will be dropping off students on the streets surrounding the Metro Centre, and Bryson said drivers should expect delays.

"We knew there'd be a lot

## Headlining

Special guests include actor Martin Sheen, Shawn Desman, local rapper Classified, Martin Luther King III and former governor general Michaëlle Jean.

and teachers from 240 schools are expected to attend.

About 169 of the school and community groups that will be travelling here are from outside HRM.

Bryson said downtown workers should consider using transit, leaving earlier or carpooling on Wednesday since there will be little parking available on Duke, Brunswick and Argyle streets.

The evening commute should go at the regular pace, since events wrap up around 2:30 p.m., said Bryson.

of people coming, and we just wanted to give everyone a heads-up," Bryson said.

Jennifer Long, spokesperson for the We Day program, said over 8,000 students

## International accord

### Group lauds status quo on tuna quota

A Halifax-based environmental group says it is pleased an international commission has agreed to keep the existing quota for western Atlantic bluefin tuna.

The Ecology Action Centre had said it feared Ottawa might ask for an increase in the catch, despite the species being considered for inclusion on Canada's Species at Risk Act.

But Kathryn Schleit, a spokeswoman for the centre, said Monday that the International Commission for the Conservation of Atlantic Tunas has decided during a meeting in South Africa to keep the quota at its level of 1,750 tonnes or less for the next year.

She said she hopes the decision allows the species, which has fallen to about one third of its 1970 population levels, to recover.

"There is a lot of rebuilding to be done," she said from Cape Town, where she attended the meeting as an observer.

Faith Scattolon, the head of the Fisheries Department delegation, said it followed the advice of scientific experts.

She also said she is pleased assessments of the bluefin stocks will be looked at again at a June 2014 meeting in Canada.

"It will be a further opportunity ... to try to get at the sources of uncertainty and how we can improve information."

PHILIP CROUCHER/METRO



## Behold — the one true Stairmaster

A lone construction worker makes his way down many flights of stairs on the scaffolding that surrounds the Dominion building in Halifax on Monday. JEFF HARPER/METRO

## Dartmouth. Authorities ask public to help locate man missing since Sunday

Police in Halifax are asking for the public's help in locating a missing Dartmouth man.

Cordell Weare, 50, left his home Sunday on Montebello Road around 8 a.m. and hasn't been seen or heard from since.

Police say when the man left on foot, he was upset and didn't take any money or identification with him. He also didn't have his cell phone.

"We have no information on where he might be and what his intentions are," said Halifax Regional Police spokesperson Const. Pierre Bourdages.

"We have received some tips on possible sightings, but we haven't located him yet."

Weare is white, about six foot three, 200 pounds and



Cordell Weare CONTRIBUTED

wears prescription glasses. He was last seen wearing a black jacket, black wind pants and sneakers.

Anyone with information is asked to contact police at 490-5016. PHILIP CROUCHER/METRO

## Moncton on top. Halifax dethroned in consumer confidence, says survey

Moncton has replaced Halifax as the top city in consumer confidence, according to new figures released by Corporate Research Associates (CRA).

The CRA's Urban Report Survey ranks consumer confidence in the Halifax Regional Municipality, along with the New Brunswick cities of Fredericton, Moncton and Saint John.

Moncton came out on top with a score of 104.5, a jump

of about six points since August. Halifax's index stands at 102, down slightly (0.6) from last quarter. Fredericton ranked the lowest of the four Maritime cities, with an index of 98.3.

Results are based on a sample of about 400 adults in each city, conducted from Oct. 22 to Nov. 5. Results are accurate to within plus or minus 4.9 percentage points, 95 times out of 100. METRO

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## Hate crime? Man charged in stabbing to have preliminary hearing early next year

Shane Matheson, the 19-year-old from Trenton who is accused of stabbing a New Glasgow man last month, has elected to go ahead with a preliminary hearing.

Matheson hasn't entered a plea yet, and if there is enough evidence to proceed to trial, it will take place in front of a Supreme Court judge alone.

He was represented by his lawyer on Monday and didn't appear in court himself.

The preliminary hearing will take place Feb. 19 and 20 in

Pictou provincial court.

Scott Jones, 27, was attacked around 2 a.m. on Oct. 10 in New Glasgow by another man who stabbed him in the back, severing his spinal cord.

Matheson is charged with attempted murder, aggravated assault and possession of a weapon dangerous to the public.

Jones' sister's fiancé, Jason Cormier, says he believes Jones was attacked because he's gay.

**NEW GLASGOW NEWS, WITH FILES FROM METRO**



Shane Matheson, right. NEW GLASGOW NEWS

### Drunken rage

## Man pleads guilty to strangling boyfriend

A 46-year-old Sydney man has pleaded guilty in Nova Scotia Supreme Court to second-degree murder in the August 2012 strangulation death of his live-in boyfriend.

In an agreed statement of facts, Charles Jack Wheeliker choked his partner, Troy Francis Johnson, 35, in a drunken rage.

Both had consumed alco-

hol and prescription drugs on the night of Aug. 17, 2012, when an argument broke out between the two men in their apartment. Wheeliker accused Johnson of staying in contact with a woman Johnson previously dated.

He accused Johnson of receiving text messages from the ex-girlfriend over the course of the evening. Due to Johnson's intoxicated state, Wheeliker was able to place a belt around Johnson's neck and pulled it tighter every time Johnson's phone would signal an incoming text message. **CAPE BRETON POST**

# Best friends without a place to call home

**Amherst.** Tough luck continues for pair after suspicious fire destroys their future home

A late night fire Saturday in Amherst not only displaced one man, it torched the dreams of two friends new to the area trying to overcome a string of bad luck.

Aaron Price and his best friend, Penelope Link, were the owners of 42 LaPlanche St., which burned to the ground with such intensity it melted the siding on a home directly across the street while causing extensive damage to their 44 LaPlanche St. neighbour, displacing him from his home and his home business.

A cause of the fire isn't known, but it's considered suspicious.

Speaking from their room at the Victorian Motel in Amherst Monday, Price and Kent reveal they'd been holed up in the motel three months before the fire destroyed their home.

"I had bought the house through an auction and the realtor told me it was ready to move into," Price said. "He told me over the phone he would move right in, no problems."

Only, that wasn't the case.

Price and Kent, both from England, met in Quebec and became fast friends.

When Link was diagnosed with cancer while they lived in Truro, Price sold off his belongings to raise the \$20,000 they needed to relocate to British Columbia where Link could re-



Aaron Price's and Penelope Link's hopes of having a home in Amherst were turned to ashes over the weekend when a suspicious fire took place on LaPlanche Street. **AMHERST DAILY NEWS**

### Quoted

**"We need a miracle. I bought a lotto ticket today, you know."**

Aaron Price

ceive hyperbaric oxygen treatment and have a portion of her jaw and tongue removed and later reconstructed. To this day, Link still has an open wound on her neck which requires daily dressing.

Then, not long afterward, Price came into a small inheritance — matching dollar for dollar what the pair needed for her treatment.

"I thought, this was it. The

cosmos or whatever were giving back to us."

Price, 54, and Link, 63, searched online and found what they thought would be a modest home they could live the remainder of their days in.

Bought sight unseen, they soon learned they bought the proverbial money pit. Filth and mould, deteriorating walls and much more were in the way of Price and Link

settling in. Their resources exhausted, the two set up in a motel room for the past three months.

Price made the best of their situation, rolling up his sleeves and getting to work on renovating the place, removing plaster, rebuilding walls and selling his car to pay for materials.

Price had just received notification last Friday he was approved for a grant to finish the renovations. Then the fire happened.

"We thought another three months and were going to be in our home."

**AMHERST DAILY NEWS**



**THROWAWAY THURSDAY**

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## India. Couple convicted of killing daughter and family housekeeper

Two married dentists were convicted Monday of killing their 14-year-old daughter and the family's housekeeper in a sensational case that has transfixed India since the girl was found with her throat slit in 2008.

Rajesh and Nupur Talwar, from the New Delhi suburb of Noida will be sentenced Tuesday. They could face the death penalty. In a statement, they said they were "hurt and anguished" by the verdict and would appeal.

The double-murder in a suburban pocket of the capital became one of the most closely-watched whodunits in recent memory in India.

In the hours after the teenager, Aarushi, was found dead

### Quoted

"We will appeal against the verdict within 60 days."

Rebecca John, Rajesh and Nupur Talwar's lawyer, on her clients' recent conviction

in her bedroom, police named the Talwars' missing Nepali housekeeper, Hemraj, as the prime suspect.

But the housekeeper wasn't missing — his body was discovered lying on a terrace above Aarushi's room. It had been there the whole time.

The Talwars came under suspicion early on.

THE ASSOCIATED PRESS

# Newtown shooter's motive still unclear

## Report released.

Lanza had 'fascination with mass shootings and firearms,' was obsessed with Columbine shooting

Why a young gunman went on a murderous shooting rampage at a U.S. school a year ago is still a mystery and may never be known with certainty, prosecutors said Monday in a report that ended their investigation.

Adam Lanza, 20, was obsessed with mass murders, particularly the 1999 Columbine High School shooting, but investigators did not find evidence he ever told others of his intentions to carry out such an attack, according to the summary report by the lead investigator, State's Attorney Stephen Sedensky III.

Lanza killed 20 young children and six educators with a semi-automatic rifle inside the Connecticut school on Dec. 14. He shot and killed his mother inside their home before driving to the school, and killed himself with a handgun as police arrived.

The shooting moved gun safety to the top of the agenda for President Barack Obama, though his gun control efforts have failed in Congress, and led states across the country to re-



Lucas, Kelly and Michael DaSilva embrace at a makeshift memorial near Sandy Hook Elementary School following the mass shooting on Dec. 15, 2012 in Newtown, Conn. MARIO TAMA/GETTY IMAGES FILE

evaluate laws on issues involving school safety.

The report describes a gunman who had "significant mental health issues" but knew what he was planning: he had materials on mass murder, he smashed his computer hard drive, and he used earplugs during the shooting.

"The obvious question that remains is: 'Why did the shooter murder 27 people, including 20 children?' Unfortunately, that question may never be answered conclusively," the re-

port said.

Lanza "was undoubtedly afflicted with mental-health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," Sedensky wrote.

Lanza's mother, Nancy Lanza, was concerned for her son and said he hadn't gone anywhere in three months and would communicate with her by email only, even though they were living in the same house. She never expressed

fear that anyone was in danger from her son, the report said.

Sedensky said there was no clear indication why Lanza chose Sandy Hook Elementary School as the target other than that it was close to his home.

The report also says federal law enforcers investigated two leads that indicated that Lanza might have hinted at the shooting in online communications, but the leads were found to have no validity and no relation to the shooting.

THE ASSOCIATED PRESS

## U.S. grand jury. School officials charged in Steubenville rape case

An Ohio school superintendent, two coaches and a principal have been charged by a grand jury that investigated whether other laws were broken in the rape of a 16-year-old girl by two football players, the state's attorney general said Monday.

The teenage football players in Steubenville were convicted of raping the girl in March 2013.

The grand jury investigated whether adults like coaches or school administrators knew of

the rape allegation but failed to report it as required by state law. The charges against the superintendent, Mike McVey, include felony counts of obstructing justice, Ohio Attorney General Mike DeWine said.

A school principal, Lynnett Gorman, and a strength coach, Seth Fluharty, are charged with failing to report possible child abuse. A former volunteer coach, Matthew Bellardine, faces several misdemeanor charges. THE ASSOCIATED PRESS

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Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies.  
COLIN PERKEL/THE CANADIAN PRESS

# Cell death a murder: Lawyer

## Ashley Smith case.

The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said,

was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings.

"It was not a big misunderstanding. There was no broken telegraph here. This was not a case of staff confusion," said Roy.

"It didn't come off the cuff. It wasn't improvised. This was an order that was carefully thought out by those that issued it."

The order was never written down because it was an "obscenity," Roy said, but senior management's actions contributed significantly to Smith's death, making it a homicide.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont., just a few months after Berry took over as warden.

THE CANADIAN PRESS

## 'Moral crimes'

### Afghanistan may bring back stoning, says rights group

Human Rights Watch called Monday on the Afghan government to reject a proposal to reintroduce public stoning

as a punishment for adultery, but the Justice Ministry denied that such a law had been submitted. The organization said that a working group that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning. **THE ASSOCIATED PRESS**

## Texas

### Cop accused of raping handcuffed woman in patrol car

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

Neal was released from jail Saturday. A listed phone number for Neal was disconnected. **THE ASSOCIATED PRESS**

# Liberals celebrate strong showing in byelections

It's shaping up to be a very good night for Justin Trudeau.

The Liberals are leading in three of four federal byelections — including a potential upset in the longtime Conservative bastion of Brandon-Souris in Manitoba.

They've managed to hold on to two Liberal strongholds — Toronto Centre and the Montreal riding of Bourassa — despite an all-out effort by the NDP to steal them away.

And they've got a 400-vote lead over the Conservatives in Brandon-Souris, a riding that has voted Conservative in all but one election over the last 60 years.

Trudeau, who was on hand for the victory party in Bourassa, took a pointed shot at NDP Leader Tom Mulcair, accusing him of erasing the positive legacy of his late predecessor.

The NDP "is no longer the hopeful, optimistic party of Jack Layton, it is the negative, divisive party of Thomas Mulcair," Trudeau told cheering crowds in Montreal.

"It is the Liberal party that proved tonight that hope is stronger than fear, that positive politics can and should win out over negative."

While the Tories easily hung on to Provencher, another Conservative fortress in Manitoba,



Former Liberal interim leader Bob Rae watches for the incoming results as he attends Liberal candidate Chrystia Freeland's byelection night event in Toronto as she contests the Toronto Centre riding formerly held by Rae on Monday. **CHRIS YOUNG/THE CANADIAN PRESS**

a loss in Brandon would be widely seen as a condemnation of Prime Minister Stephen Harper's handling of the Senate expenses scandal.

And even in Provencher, the Conservative share of the vote dropped significantly, to about 57 per cent from 71 per cent in the 2011 election.

In the Montreal and Toronto contests, the Conservatives weren't even factors, scoring less than 10 per cent of the vote in each.

For the NDP, the results are disappointing. The party

poured all its resources behind star candidates in Bourassa and Toronto Centre: lawyer and one-time pop singer Stephane Moraille and well-known journalist and author Linda McQuaig, respectively.

However, the NDP share of the popular vote in Bourassa actually went down slightly from the 2011 election.

And while McQuaig's share of the vote was up about five percentage points in Toronto Centre, the Liberal vote share, under Trudeau's hand-picked star contender Chrystia Free-

land, went up as well by roughly the same amount.

In the two Manitoba ridings, the NDP ran a distant third, with less than 10 per cent of the vote. In the 2011 election, the NDP ran a relatively respectable second.

The byelections are the first concrete measure of the Senate expenses scandal's impact on Stephen Harper's government, the depth of Trudeau's popular appeal and the durability of the NDP's 2011 electoral breakthrough.

THE CANADIAN PRESS

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# City happiness explained: Love thy neighbour, live in a house

**Sad metropolises.**  
Book credits low-rise living and good neighbour relations for higher life satisfaction in smaller towns



KATE WEBB  
Metro in Vancouver

Happiness is a lot of things, but if you believe the latest research linking it to urban design, it is closely tied to living in a moderately dense, ground-oriented community.

Vancouver author Charles Montgomery, whose new book, *Happy City*, was released earlier this month, spent five years researching which cities are the happiest and why, and said the results were surprising.

"Surveys of life satisfaction

in Canadian cities show that Vancouver, Toronto, Calgary, the biggest cities, fall far behind smaller cities of modest means," he said.

The happiest cities, according to a UBC study, are both on the East Coast and share a lot in common besides their similar names: Saint John, N.B., and St. John's, N.L.

"The correlation is very simple," Montgomery said.

"Cities where people report high levels of trust for neighbours and strangers also rank highest for life satisfaction."

"In other words, the key ingredient to happy cities is positive social relationships, so the happy city is a social city."

He pointed out two common and somewhat opposite urban features that put a damper on positive social relationships: sprawl and towers.

"People who live in towers report trusting their neigh-

bours less, getting favours from neighbours less, and being less likely to know each others' neighbours' names than people living on the ground," he said.

Sprawl, on the other hand, extends commutes, leaving less time for social interaction.

The happy medium for big cities, Montgomery argues, is creating moderate increases in density with more townhouses, row houses, laneway houses, single-family homes retrofitted to fit more suites, and co-housing.

University of Waterloo neuroscientist Colin Ellard, who has been helping to promote Montgomery's book, said proximity to green spaces is also a factor.

"There's a very well documented distinction between the way people behave and feel and think when they're in natural environments, as opposed to when they're in grey concrete," he said.



Classic chicken or egg conundrum: Is St. John's, N.L., one of the two happiest cities in Canada because it looks like a rainbow, or does it look like a rainbow because its citizens are so happy? FLICKR: NSPAUL



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# Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 richies

## Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

- Low-income families (less than \$50,000): 75 per cent are employed in insecure employment.
- Middle-income families (\$50,000 - \$100,000): About half are in insecure employment.
- High-income (over \$100,000): Over one-third are in insecure employment.

PHOEBE HO/FOR METRO



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

## One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. PHOEBE HO/METRO

# Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club

lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

**"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."**



Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.

SOURCE: WTFUNFACT.COM

you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it. How are you doing?"

"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random biz fact of the day

56%

Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

## Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.



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## Best known option. Abortion drug should be option in Canada: Report

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

The drug, mifepristone, is used in combination with another medication already approved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada.

THE CANADIAN PRESS



A commentary says Canadian women should have access to the abortion drug RU-486. GETTY IMAGES FILE

### The bottom line

Dr. Sheila Dunn, one of the authors of the commentary, said it's not clear why no one has applied to market mifepristone in Canada before now.

- "Sometimes if it's going to be really onerous to actually get drug approval and the economic margins are not going to be such that makes it worthwhile for someone to do that, that may be a deterrent."

## Loud cell talkers in flight. Chatty Cathys could mean bumpy ride for airlines

The Federal Communications Commission might be ready to permit cellphone calls in flight. But what about the airlines?

Old concerns about electronics being a danger to air- plane navigation have been debunked. And airlines could make some extra cash charging passengers to call a loved one from 35,000 feet. But that extra money might not be worth the backlash from fliers who view

overly chatty neighbours as another inconvenience while flying.

"Common courtesy goes out the window when people step in that metal tube," says James Patrick II, a frequent flier. "You think the debates and fistfights over reclining the seat back was bad. Wait until guys start slugging it out over someone talking too loud on the phone."

THE ASSOCIATED PRESS

### EU embargo

## Ottawa to appeal WTO ruling on seal-product ban

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare. The decision affects hunters in Atlantic outposts and Inuit communities who say the embargo discriminates against Canadian seal products. THE CANADIAN PRESS



Seals and Sealing Network's Aaju Peter Monday. THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
94.80¢ (-0.22¢)

**TSX**  
13,472.22 (-6.12)

**OIL**  
\$94.09 US (-75¢)

**GOLD**  
\$1,241.20 US (-\$2.90)

**Natural gas:** \$3.79 US (-2¢)  
**Dow Jones:** 16,072.54 (+7.77)

### Random biz fact of the day

# 1.7

It costs companies 1.7 times as much to hire an external candidate.  
FORBES

# WARNING: BAD ROADS AHEAD

Nova Scotia's newly-elected government has said it's pulling the plug on a public paving program that was started less than two years ago.

Here's a list of communities that saw paving done, in many cases for the first time in decades, as part of the program during last year's paving season:

### Kings County

- 1) Wharf Road - 0.62 km
- 2) King Street - 0.72 km
- 3) Horton Cross - 0.75 km
- 4) Old Post Road - 2.0 km
- 5) Old Trunk 1 - 1.91 km
- 6) Grand Pre Road - 3.76 km
- 7) Evangeline Road - 0.70 km
- 8) Gaspereau River Road - 8.7 km
- 9) Highbury School Road - 2.4 km
- 10) Middle Dyke Road - 4.8 km
- 11) Sherman Belcher - 3.10 km
- 12) Route 359 - 2.4 km
- 13) McKitterick Road - 0.9 km
- 14) Brooklyn Street - 10.25 km
- 15) Steadman Road - 2.35 km

**Total - 45.36 km**

### Guysborough County

- 1) Route 211 - 12.3 km
- 2) Route 316 - 6.6 km
- 3) Route 276 - 5.3 km
- 4) Trunk 7 - 18.2 km

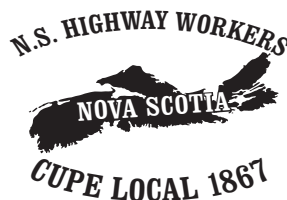


**Total - 49 km**

That's a season total of just under 95 kilometres. In the previous year of paving, Victoria/Inverness County and Queen's county benefitted from badly-neglected roads getting paved.

If we return to the way things were - a total reliance on private contractors to do the work - residents in remote parts of the province may be waiting a whole lot longer to see any more paving done.

**A message from The Nova Scotia Highway Workers' Union**



# CUPE

TOP SIX @ 6 Weeknights at 6 KS counts down the HOTTEST songs of the day

- 6 Lady Gaga ft R. Kelly Do What U Want
- 5 Pitbull ft Ke\$ha Timber
- 4 Hedley Anything
- 3 Britney Spears Work Work
- 2 Miley Cyrus Wrecking Ball
- 1 Eminem ft Rihanna The Monster

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## WHY MILEY, NOT HANNAH MONTANA

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more

sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on  
Twitter @MetroSheSays



### ZOOM

## Put on your yarmulke, it's turkey time



PAUL SANCTA/THE ASSOCIATED PRESS

### Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menorkey.

Or a turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menorkey she

created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

### How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he

said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for \$12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

### Clickbait



**LUKE SIMCOE**  
Metro Online

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

**The TARDIS Data Core:** Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

### Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens

to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

### The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)



ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

### Comments

**RE: Black Friday and America's Working Poor, published online Nov. 24**

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with

a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over \$250,000. That's should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrr posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD review



**The Grandmaster**

**Director.** Kar Wai Wong

**Stars.** Tony Leung Chiu-Wai, Zhang Ziyi

Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants. He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion. Extras include making-of featurettes and a conversation with Shannon Lee, daughter of Bruce Lee, but beware — this is the 108-minute U.S. cut. You have to go import if you want the 130-minute original.

PETER HOWELL

# TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC  
scene@metronews.ca

## Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.



## S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

## Sterling Cooper & Partners (Mad Men)

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# Star Wars fans find a new hope at casting call



A group of hopeful drama students wait in line for an open Star Wars casting call on Sunday. KIERON MONKS/METRO

**Lining up in London.** U.K. hopefuls had their chance to impress on the weekend, most left with dreams dashed

**KIERON MONKS**  
Metro World News in London

To a rugby stadium far, far away they flew in their masses, bright-eyed and buzzing with the opportunity before them, to achieve immortality by landing a part in the most successful film franchise ever. When Star Wars auditions beamed down to a drab southwest London suburb — on a frozen morning, this past Sunday — true believers answered the call.

They needed belief to respond to a brief demanding “beautiful, smart and athletic” characters; a girl to play a 17-18-year-old, and a boy 19-23. A casting

spokesperson had starkly re-enforced the message, “If you don’t fit the brief don’t come — you’re ruining it for others.”

But semi-rational hope — and the knowledge that Luke Skywalker himself, Mark Hamill, had been cast as an unknown — ensured that queues stretched around Twickenham Stadium when the audition tents opened at 11 a.m. They had grown to several thousand since the earliest arrivals before 6 a.m.

Tension built toward the front, a hotbed of motivational psychology. “I feel I meet the brief enough to give it a shot,” says Nathan Maccauley, a student originally from San Francisco. He had identified a “competitive vibe”, but felt that his knowledge of the series could provide an edge. “It’s full of strong characters that stay true to themselves when they are pulled in different directions.”

The competition was

## Quoted

**“They just asked me my age and what experience I had, but it was all about looks.”**

A bitter and unsuccessful applicant at London’s open casting call for the new Star Wars film

shown when dancer Freddy crashes our interview, bouncing with the nervous energy of a caffeine rush. “I’m doing this to challenge myself,” she says. “I normally do theatre and music videos, but I’ll do anything. I’m not fazed.”

Further back, later arrivals had been herded into a pen. “It took three trains to get here,” explains Colby, a musician with teeth filed to vampire points. A lifelong Star Wars fan, he said that bounty hunter Boba Fett was the best character in the series as subtle acting was “drowned” by the special effects.

Journey times ran into days and the queue demanded several hours, but

applicants passed through the blue audition tents in minutes. “They just asked me my age and what experience I had, but it was all about looks,” an unsuccessful boy said bitterly, adding that no refreshments or toilet facilities had been provided during his ordeal — Hollywood glamour in short supply.

By 1 p.m., cynicism had spread through the ranks of the rejected. “This might just be a publicity stunt,” said Oliver, one of four drama students sitting in camping chairs pitched by the entrance. But then a text revealed that two friends had passed to a second stage reading, and a new hope spread among the faithful.





Michael Jackson ALL PHOTOS GETTY IMAGES

## Murray remains mum on Michael's alleged misconduct

In his first interview since being released from prison, Conrad Murray has plenty of candid things to say about Michael Jackson — but he'll only go so far. At one point, 60 Minutes in Australia correspondent Liz Hayes asks, "Do you believe he's a pedophile?" and that's when Murray gets cagey. "I'm not prepared to answer that question, not now," Murray says.

"I would not make up or fabricate anything." When Hayes points out that she'd expected him to just say no, Murray gets even more vague: "One thing I will tell you is this. I may have formed an impression of an individual based on certain things I have seen or encountered," he says. "You asked a question, and I'm not prepared to answer it. Not now."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Williams-Paisley smacks down Underwood rumours

PAT HEALY  
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the



show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

## Has Lawrence's relationship, once on Hoult, caught fire again?



Jennifer Lawrence

It looks like the summer reconciliation between Jennifer Lawrence and on-again, off-again boyfriend Nicholas Hoult worked out, as a casually dressed Hoult was spotted in Lawrence's limo as she left her taping of the Daily Show with Jon Stewart in New York last week, according to Us Weekly. The pair originally met on the

set of X-Men: First Class in 2010 and dated for about two years before splitting up in January, but they seemed to be back together this summer while filming the next X-Men film. Despite Lawrence's hectic travel schedule promoting The Hunger Games: Catching Fire, she and Hoult "talk constantly," according to a source.

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# Learning all her secrets

**Interview.** Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

**ROMINA MCGUINNESS**  
Metro World News

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

## How do you make sure you look great in your underwear?

I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie *Black Swan*). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

## Do you work out as much once the show is over?

No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

## But do you enjoy it — all the



The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

## working out?

I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

## As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?

I try and not worry about what other people say. Everyone has their flaws ... but leading up to the show, I'll do like, a billion butt lifts.

## Are you happy with the results — how are you feeling butt-wise?

Yeah, I feel good.

## What about your diet? Do you eat better, or less?

When you work out a lot, you can indulge, so my diet doesn't change too much. It's

not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

## You must be sick of it, surely.

No! I eat chicken all year. I love chicken legs, and chicken wings ... that's kind of like, almost a whole chicken.

## What 'you can't touch this' food do you want to eat once the show is over?

I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza

tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

## Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.

You never know ...

## What about your pre-show beauty rituals?

I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

## How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?

I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

## Lily's beauty staples



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# Stir-fry goes leaner with turkey



**ROSE REISMAN**  
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Turkey breast is an even leaner protein than chicken

## Ingredients

### Sauce

- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

### Stir-fry

- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish



This recipe serves four. ROSE REISMAN

breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow

peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve immediately, garnished with cashews and green onion.

## Health Solutions

### Gooble, gobble, French style



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

There is a region in France, south of Paris that is bucolic and rural and is the source of the next greatest gift of poultry.

"This breed is technically called Black Turkey since its feathers are black," says Sam Gundy of Olliffe Butchers in Toronto, "but it will be marketed for the first time this holiday season under the name Aritsan Gold."

The turkey looks nothing like the big frozen bird you will find at the grocery store. Its breast is smaller and flatter than the spookily large one most recognized and its

legs are bigger and darker. Almost as if it could actually walk which, in fact, this bird does. It is slowly and naturally grown and antibiotic free.

Artisan Gold roasts just like a regular bird only it doesn't require any "butter" injection, brining or basting. Its flesh is slightly more yellow and much meatier tasting. If you are counting on pan juices for gravy, you will have to add them because all the juices stay in and keep the meat moist. No oil slick on top of salty brine here.

Simply take the neck and gizzards and simmer on the stovetop covered with water to make a healthier, leaner, tastier gravy.

Vive la France.  
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.

SHE IS @THERESAALBERT  
ON TWITTER AND  
FOUND DAILY AT  
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# Potato coating offers crunch

1. Heat the oven to 350 F.

2. In bowl, whisk 6 tablespoons

of the flour, the salt, pepper and baking powder. Set aside.

Set aside.

5. Place remaining 4 tablespoons of flour in wide, shallow bowl. Place the 2 whole eggs in a second wide, shallow bowl.

6. To prepare cutlets, one at a time dip each first in the flour, then the beaten eggs. Then use your hands to press 1/3 cup of the potato mixture evenly onto one side of each cutlet.

7. In skillet over medium-

3. Place grated onion on clean dish cloth, gather up edges to form a bundle. Holding bundle over the sink, squeeze out as much liquid as possible.

4. In a mixing bowl, combine onion, potatoes, brisket, flour mixture and egg whites. Mix well to make a batter that is loose, but holds together well, adding more flour if necessary.

high, heat about 1/4 inch of oil until a shred of potato dropped into oil sizzles immediately.

8. Working in batches, add cutlets potato side down, to the skillet. Cook until potatoes are crispy and browned and the turkey is no longer pink at the centre, 5 minutes. Carefully press another 1/3 cup of potato mix on top of each turkey cutlet, then flip and brown on the second side for another 4 to 5 minutes. Transfer to a rimmed baking sheet, then repeat with remaining cutlets.

9. Bake 10 minutes, or until turkey reaches 165 F at centre.

THE ASSOCIATED PRESS

## Potato-Crusted Cutlets



This turkey recipe serves six. MATTHEW MEAD / THE ASSOCIATED PRESS

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# Start-up advice from a couch-surfing millionaire

## Entrepreneurship.

Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH  
BRAW

Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

**Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?**

We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

**So your company didn't seem like a winner in the beginning ...**

We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not

for everyone. But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds.

**What's the make-or-break point for a start-up?**

When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people. Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it.

**What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?**

A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other.

We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

**Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?**

The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

**Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?**

Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market



system, but it doesn't mean that you can't create your own market. For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own

companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own.



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Sports in pictures



# 1

## NBA. Injured Bryant given mega-extension

The Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the aging superstar with what ESPN reports is a deal worth \$48.5 million.

THE ASSOCIATED PRESS

# 2

## NFL. Rodgers' return on hold

Packers coach Mike McCarthy said Monday the chances of quarterback Aaron Rodgers playing Thursday at Detroit are "slim to none."

THE ASSOCIATED PRESS

# 3

## NHL. Bolts' Stamkos back on his feet

Tampa Bay Lightning star Steven Stamkos is walking without crutches or a boot two weeks after breaking his right leg and said Monday he fully expects to play again this season.

THE ASSOCIATED PRESS

## NBA. Rose done for season due to latest knee injury

Chicago Bulls star Derrick Rose is out for the remainder of the season.

The team said that Rose had successful surgery Monday morning in Chicago to repair a torn medial meniscus in his right knee. He was hurt Friday night at Portland.

The 2011 NBA MVP missed all of last season after tearing the anterior cruciate ligament in his left knee in Chicago's 2012 playoff opener against Philadelphia. He has played in just 50 NBA games — 49 in the regular season and that

### Bulls back to Plan B

"We have to circle the wagons, and then get out there and get the job done."

Bulls head coach Tom Thibodeau on playing the majority of another season without 2011 NBA MVP Derrick Rose.

lone playoff game — since the Bulls' run to the Eastern Conference finals during his MVP season.

THE ASSOCIATED PRESS

## NFL. 49ers' Kaepernick has golden touch vs. 'Skins

Colin Kaepernick completed 15 of 24 passes for 235 yards with three touchdowns and no interceptions Monday night as the San Francisco 49ers broke a two-game losing streak with a 27-6 win over the Washington Redskins.

Kaepernick outperformed Robert Griffin III in the first matchup of two of the game's young, agile quarterbacks, both of whom have struggled this season after breakout years in 2012.

THE ASSOCIATED PRESS



49ers tight end Vernon Davis and quarterback Colin Kaepernick celebrate after connecting on a touchdown on Monday night in Landover, Md. GETTY IMAGES

# Leafs ice cold vs. Jackets



Maple Leafs captain Dion Phaneuf and Columbus centre Boone Jenner collide during the Blue Jackets' blowout win on Monday night in Toronto.

RICK MADONIK/TORSTAR NEWS SERVICE

NHL. After excellent play to start season, Toronto's goaltending collapses against Columbus

Maple Leafs head coach Randy Carlyle wasn't just disappointed that Toronto lost on Monday, he was disappointed in the way his team lost.

The Leafs were shelled 6-0 by the Columbus Blue Jackets, 24 hours after they were given the day off as a reward for their 2-1 shootout win over the Washington Capitals on Saturday.

"We didn't have energy off a day off yesterday," said Carlyle. "It just seemed like we lacked the necessary pace that was required to compete in the game. That's mind-boggling."

Goaltender James Reimer allowed six goals on 21 shots

### Billion-dollar Buds

## \$1.15B

The Leafs are once again the NHL's most valuable team, worth an estimated \$1.15 billion, a 15-per-cent increase over last year's total according to Forbes magazine.

### On Monday

## 6

Blue Jackets

## 0

Maple Leafs

as the Blue Jackets (9-12-3) concluded a five-game road trip with their third win (3-2-0).

Reimer's loss for Toronto (14-9-1) comes two nights after he had a career-high 49-save performance against Washington.

Cam Atkinson and R.J. Umberger scored for Columbus in a 20-second span in the first period. Then Jack Skille and Ryan Murray added goals 3:15 apart in the second period. Ryan Johansen scored twice in the third as the Blue Jackets picked up their second win over the Leafs in a month.

Sergei Bobrovsky made 18 saves for the shutout.

"We limited their opportunities. I thought our forwards did a good job of getting in the shooting lanes and forcing their shots wide," said Columbus head coach Todd Richards.

THE CANADIAN PRESS

### NHL

## Steen makes it 19 goals in St. Louis

Alexander Steen scored twice, and Jaroslav Halak made 22 saves to lead the St. Louis Blues to a 3-0 win over the Minnesota Wild on Monday. Steen has 19 goals this season, one behind Washington's Alex Ovechkin for the NHL lead.

THE CANADIAN PRESS

### NBA

## LeBron shoots out lights in Heat win

LeBron James scored 35 points on only 14 shots from the field, Dwyane Wade added 21 points and 12 assists and the Miami Heat won their seventh straight game, beating the Phoenix Suns 107-92 on Monday night.

THE ASSOCIATED PRESS

### Price of gold

## \$122K

Russia will pay hefty bonuses to athletes who win medals at the Winter Olympics on home soil in Sochi. A decree posted on the government's website says Russia will pay \$122,000 US to Russian gold medalists, \$76,000 to silver medalists and \$46,000 to bronze winners. Russia introduced bonuses for medalists in the 1990s when individual athletes and entire sports federations were surviving on paltry state subsidies.

### CFL



"It's a sense of relief and redemption."

Saskatchewan GM Brendan Taman on Monday, the day after his Roughriders won the Grey Cup at home in Regina. A Grey Cup parade has been set for Tuesday, starting at Mosaic Stadium before heading south down Albert Street and ending at the provincial legislature.



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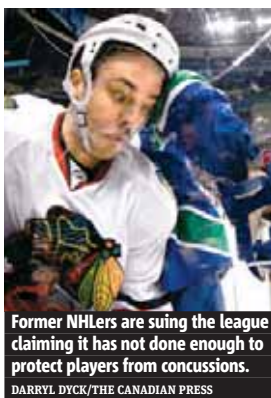
## Ex-players suing over concussions

**NHL.** Former Maple Leafs in group that cites league didn't provide enough protection

Ten former National Hockey League players, including former Maple Leafs Gary Leeman and Rick Vaive, claim in a new class-action lawsuit that the league has not done enough to protect players from concussions.

The lawsuit comes just months after the National Football League agreed to pay \$765 million to settle lawsuits with thousands of former players who developed dementia or other concussion-related health problems.

Led by former NFL player and disability attorney Mel Owens, the NHL lawsuit seeks damages and court-approved, NHL-sponsored medical monitoring for injuries the players say were a result of their hockey careers.



**Former NHLers are suing the league claiming it has not done enough to protect players from concussions.**  
DARRYL DYCK/THE CANADIAN PRESS

ey careers.

The league knew about scientific evidence saying players who suffered repeated head injuries were at greater risk for illness and disabilities, but failed to protect players from unnecessary harm until 2010, the suit alleges. Claims in the lawsuit have not been proven in court.

The suit argues that the

league continues to contribute to injuries by refusing to ban fighting and bodychecking, and by employing "enforcers" whose main job is to fight or violently bodycheck opponents. It also accuses the league of promoting a "culture of violence" in which players are praised for their fighting and "headhunting" skills.

"The NHL's active and purposeful concealment of the severe risks of brain injuries exposed players to unnecessary dangers that could have been avoided had the NHL provided them with truthful and accurate information and taken appropriate action to prevent needless harm," says the lawsuit, filed in a Washington, D.C., court on Monday.

In addition to Leeman and Vaive, the other ex-players in the lawsuit are Bradley Aitken, Darren Banks, Curt Bennett, Richard Dunn, Warren Holmes, Robert Manno, Blair James Stewart and Morris Titanic.

**TORSTAR NEWS SERVICE**

### NHL

#### EASTERN CONFERENCE

ATLANTIC DIVISION	GP	W	L	OL	GF	GA	Pt
Boston	24	16	6	2	68	46	34
Tampa Bay	24	15	8	1	72	61	31
Toronto	24	14	9	1	66	60	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	25	7	13	5	56	81	19
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

**Monday's results**  
Winnipeg 3 New Jersey 1  
Boston 4 Pittsburgh 3 (OT)  
Columbus 6 Toronto 0  
Florida 3 Philadelphia 1  
Tampa Bay 5 NY Rangers 0  
Nashville 4 Phoenix 2  
St. Louis 3 Minnesota 0  
Chicago at Edmonton  
Los Angeles at Vancouver  
**Sunday's results**  
Carolina 4 Ottawa 1  
Detroit 3 Buffalo 1  
**Tuesday's games — All Times Eastern**  
Anaheim at Dallas, 8 p.m.

### NFL

**WEEK 12**  
**Monday's result**  
San Francisco 27 Washington 6  
**Sunday's results**  
Carolina 20 Miami 16  
Baltimore 19 N.Y. Jets 3  
Tampa Bay 24 Detroit 21  
St. Louis 42 Chicago 21  
Pittsburgh 27 Cleveland 11  
Jacksonville 13 Houston 6  
San Diego 41 Kansas City 38  
Green Bay 26 Minnesota 26  
Arizona 40 Indianapolis 11  
Tennessee 23 Oakland 19  
Dallas 24 N.Y. Giants 21  
New England 34 Denver 31

#### WESTERN CONFERENCE

CENTRAL DIVISION	GP	W	L	OL	GF	GA	Pt
St. Louis	23	17	3	3	82	50	37
Chicago	24	16	4	4	87	70	36
Colorado	22	17	5	0	69	45	34
Minnesota	25	15	6	4	64	58	34
Nashville	24	12	10	2	56	69	26
Winnipeg	26	11	11	4	69	76	26
Dallas	22	11	9	2	61	65	24

PACIFIC DIVISION	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	24	14	6	4	80	78	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

**Note:** Two points for a win, one point for overtime loss.

**Wednesday's games**  
Nashville at Columbus, 7 p.m.  
Winnipeg at NY Islanders, 7 p.m.  
Ottawa at Washington, 7 p.m.  
Montreal at Buffalo, 7 p.m.  
Carolina at New Jersey, 7 p.m.  
NY Rangers at Florida, 7:30 p.m.  
Philadelphia at Tampa Bay, 7:30 p.m.  
Toronto at Pittsburgh, 7:30 p.m.  
Boston at Detroit, 7:30 p.m.  
Phoenix at Minnesota, 8 p.m.  
St. Louis at Colorado, 9 p.m.  
Chicago at Calgary, 10 p.m.  
Los Angeles at San Jose, 10:30 p.m.  
**Thursday's games**  
Vancouver at Ottawa, 7:30 p.m.  
Edmonton at Nashville, 8 p.m.

### MLS PLAYOFFS

**CONFERENCE CHAMPIONSHIPS**  
**EASTERN CONFERENCE**  
**Saturday's result**  
Sporting KC 2 Houston 1  
(Sporting KC advances 2-1 on aggregate)  
**WESTERN CONFERENCE**  
**Sunday's result**  
Real Salt Lake 1 Portland 0  
(Real Salt Lake advances 5-2 on aggregate)  
**MLS CUP**  
**Saturday, Dec. 7**  
Sporting KC vs. Real Salt Lake, 4 p.m.

### NBA

#### EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	13	1	.929	—
Miami	11	3	.786	2
Atlanta	8	6	.571	5
Toronto	6	7	.462	6 <sup>1/2</sup>
Chicago	6	6	.500	6
Charlotte	7	8	.467	6 <sup>1/2</sup>
Detroit	6	8	.429	7
Philadelphia	6	9	.400	7 <sup>1/2</sup>
Washington	5	8	.385	7 <sup>1/2</sup>
Boston	6	10	.375	8
Orlando	4	9	.308	8 <sup>1/2</sup>
Cleveland	4	10	.286	9
New York	3	9	.250	9
Brooklyn	3	10	.231	9 <sup>1/2</sup>
Milwaukee	2	11	.154	10 <sup>1/2</sup>

WESTERN CONFERENCE	W	L	Pct	GB
San Antonio	13	1	.929	—
Portland	12	2	.857	1
Oklahoma City	9	3	.750	3
L.A. Clippers	10	5	.667	3 <sup>1/2</sup>
Houston	10	5	.667	3 <sup>1/2</sup>
Dallas	9	6	.600	4 <sup>1/2</sup>
Golden State	8	6	.571	5
Denver	7	6	.538	5 <sup>1/2</sup>
Memphis	7	7	.500	6
Minnesota	8	8	.500	6
Phoenix	7	7	.500	6
L.A. Lakers	7	7	.500	6
New Orleans	6	7	.462	6 <sup>1/2</sup>
Sacramento	4	9	.308	8 <sup>1/2</sup>
Utah	1	14	.067	12 <sup>1/2</sup>

**Monday's results**  
Indiana 98 Minnesota 84  
Boston 96 Charlotte 86  
Miami 107 Phoenix 92  
Detroit 113 Milwaukee 94  
Houston 93 Memphis 86  
Denver 110 Dallas 96  
San Antonio 112 New Orleans 93  
Chicago at Utah  
New York at Portland  
**Tuesday's games — All Times Eastern**  
L.A. Lakers at Washington, 7 p.m.  
Brooklyn at Toronto, 7 p.m.  
Orlando at Atlanta, 7:30 p.m.  
Golden State at New Orleans, 8 p.m.

### CFL PLAYOFFS

**101st GREY CUP**  
At Regina, Sask.  
**Sunday's result**  
Saskatchewan 45 Hamilton 23



## Horoscopes

### Aries

March 21 - April 20

It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

### Taurus

April 21 - May 21

Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

### Gemini

May 22 - June 21

Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

### Cancer

June 22 - July 23

According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

### Leo

July 24 - Aug. 23

If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

### Virgo

Aug. 24 - Sept. 23

Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

### Libra

Sept. 24 - Oct. 23

Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

### Scorpio

Oct. 24 - Nov. 22

You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

### Sagittarius

Nov. 23 - Dec. 21

Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

### Capricorn

Dec. 22 - Jan. 20

It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

### Aquarius

Jan. 21 - Feb. 19

You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

### Pisces

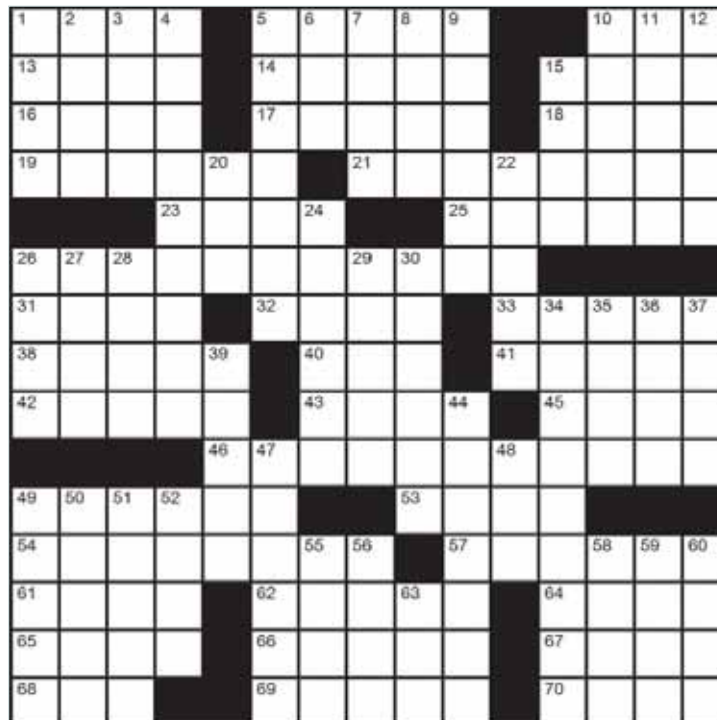
Feb. 20 - March 20

You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Toronto Mayor Rob Ford's brother
5. Stack creator
10. The Queen (b.1900 - d.2002)
13. Montreal suburb, Baie-D'
14. Pointed arch
15. Optimism
16. Deity worshipped in ancient Thebes [var. sp.]
17. "\_\_\_ really." (Response to "Would you like to...")
18. Roughly, \_\_\_ about
19. Tom Cruise vampire
21. Canadian novelist, Douglas
23. Luau souvenirs
25. Ottawa: \_\_\_ Canal
26. \_\_\_ : Tales for an Accelerated Culture (Bestseller by #21-Across)
31. Sort of lily
32. Political party event [abbr.]
33. Toaster waffles
38. Cycled
40. Lyric poem
41. "Hasta \_\_\_!" (Bye, in Spain)
42. Panorama
43. Early helicopter
45. \_\_\_-do-well
46. The Prairies, Canada's
49. Stingy
53. Twi'lek dancer of Jabba the Hutt's court



- in "Return of the Jedi" (1983)
54. Historic area of Winnipeg, \_\_\_ District
57. "My sentiments exactly!": 2 wds.
61. Venue
62. Poi ingredients
64. Skeleton part
65. Gin flavouring

66. Up in the air
67. Pet fish's home
68. Hankering
69. Survives
70. Young hawks

### Down

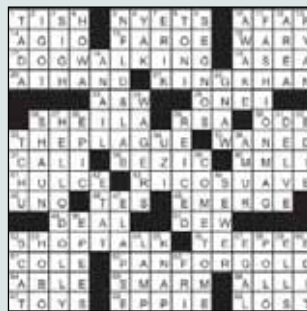
1. Double
2. Paul Revere & The Raiders song: "Him

- \_\_\_ - What's It Gonna Be?"
3. Li'l saucers
4. "Shelter Valley": Debut single by Cobourg, ON band \_\_\_ Husbands
5. 18th-century Chief of The Ottawa
6. 54-40's "\_\_\_ Blind"

7. Hamilton expressway, The
8. Rachael Ray's cooking stuff
9. Bring back
10. Singer, Janelle
11. ABC's "Once \_\_\_ Time"
12. Labrador Sea, in French: \_\_\_

- Labrador
15. Grasp
20. Irish carrier, \_\_\_
- Lingus
22. High-tech dot
24. Larry, Curly or Moe
26. Chatters
27. Mr. Clapton
28. Microwave, in slang
29. Agra's locale
30. Exaggerate
34. 21-\_\_\_
35. Nerd
36. S-shaped moulding
37. Variety
39. Ms. Winger
44. Some members of orchestras
47. Leased car
48. Completely
49. Dishevelled
50. Banish
51. \_\_\_ Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
52. Clarified butter
55. Grand party
56. Cupid's Greek counterpart
58. That which Buffy would do
59. "True Blood" star Ms. Paquin
60. Creatures of Tibet
63. Commonly, in poetry

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today 4°/3° Rain 90%

Wednesday 12°/-1° Rain 80%

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